

Quest Food Management

002131 - wrap chicken fajita : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 3 oz Fruit: Vegetable: 0.375 cup Milk:	

Ingredients	Measures	Instructions
903297 chicken diced ckd A100101.....	100 (1oz = 1m/ma)	
903063 taco seasoning spicy LS 413445.....	50 (3/4 tsp)	
903350 tortilla wg 8" frzn A100938.....	100 (1 tortilla = 1.5 g/b)	
903344 oil vegetable A100439.....	1 lb + 9 ozs	
900023 Tomatoes red ripe raw year round average.....	100 medium slice	
903548 LETTUCE, Salad Tiny Chop Mix gfs#153121...	1 1/2 gals + 1 CUP (AP Mix)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	465 kcal	Cholesterol	52 mg	Protein	25.89 g	Calcium	134.12 mg	42.93%	Calories from Total Fat
Total Fat	22.17 g	Sodium	376 mg	Vitamin A	540.0 RE	Iron	1.19 mg	9.10%	Calories from Saturated Fat
Saturated Fat	4.70 g	Carbohydrates	41.58 g	Vitamin A	2909.1 IU	Water ¹	*37.80* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	6.82 g	Vitamin C	6.3 mg	Ash ¹	*0.20* g	35.79%	Calories from Carbohydrates
								22.28%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

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